

**Developmental and Relational Trauma Assessment**  
Ages 0 -18 years

**Name:** \_\_\_\_\_

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**Location and Home Stability**

1. When and where were you born? \_\_\_\_\_

What town and state did you grow up in? \_\_\_\_\_ How many years did  
you spend there? \_\_\_\_\_ If you moved, where did you move to? \_\_\_\_\_

\_\_\_\_\_

Did you move often in your childhood? If so, how many times in 18 years? \_\_\_\_\_

**The Family Configuration**

2. Identify your major caregivers – What Ethnicity are/were they?

Name	Relationship	Ethnicity
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

3. List the birth order of the children in your family. Use a noun or adjective to describe each person. **Include yourself and indicate deceased siblings.**

Sibling	Age	Descriptive noun or adjective
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Number of children in your family: \_\_\_\_\_

Your rank in birth order: \_\_\_\_\_

If you were adopted, at what age were you adopted? \_\_\_\_\_

4. List other adults (family, teachers, mentors, coaches) who were involved in your childhood. Use a noun or adjective to describe each person.

Adult/Relationship	Description
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

### Overview of Parental Information

5. Is your mother living? Yes \_\_\_\_\_ No \_\_\_\_\_

If your mother is deceased, how old were you at the time of her death? \_\_\_\_\_

If the person you are identifying as your mother is not your biological mother, identify your relationship to her. \_\_\_\_\_

6. Is your father living? Yes \_\_\_\_\_ No \_\_\_\_\_

If your father is deceased, how old were you at the time of his death? \_\_\_\_\_

If the person you are identifying as your father is not your biological father, identify your relationship to him. \_\_\_\_\_

7. If your parents were living during your childhood, were they  
separated \_\_\_\_\_ divorced \_\_\_\_\_ living together \_\_\_\_\_

If they were separated or divorced, at what age were you when they  
separated \_\_\_\_\_ divorced \_\_\_\_\_

8. Did your parents re-marry? If so, when and who did you live with? \_\_\_\_\_

If your parents are living, what is their current marital status? \_\_\_\_\_

9. What were/are the educational levels and occupations of your parents?

Mother/Caregiver 1: Education: \_\_\_\_\_

Occupation(s): \_\_\_\_\_  
(if you mother stayed at home, then worked, how old were you?)

Father/Caregiver 2: Education: \_\_\_\_\_

Occupation(s): \_\_\_\_\_  
(if you father stayed at home, then worked, how old were you?)

### **Spiritual Practice**

10. If you do have a spiritual practice, at what age did it become so? \_\_\_\_\_ Why?

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11. What did spirituality mean in your mother's and your father's (or caregiver's) life?

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12. How did spirituality or lack of spirituality impact your childhood?

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### **Birth and Parents Early Relationship**

13. Describe the physical, financial, and emotional situation of your parents at the time of your birth or adoption.

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14. Describe the relationship that existed between your mother and father at the time of your birth or adoption.

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15. Describe how your mother felt and **her age** at the time of your birth or adoption.

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16. Describe how your father felt and **his age** at the time of your birth or adoption.

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17. Describe the relationship that existed between your mother and father during your childhood. (Close your eyes and imagine watching them in a disagreement at age 10 yrs., what did it look like?)

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### **Childhood Memories and Your Relationship with Parents**

#### **Childhood Memories of Your Mother**

18. Before answering, close your eyes and imagine yourself as a child being in the physical presence of your **mother** and now by looking back on her then, describe her with what you know today.

List nouns and adjectives to describe your **mother**:

Positive		Negative	
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Are you aware of any addictions your mother might have had? \_\_\_\_\_

List nouns and adjectives to describe your **stepmother/other caregiver** *if you had one*:

Positive		Negative	
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Are you aware of any addictions your **stepmother/caregiver** might have had?

\_\_\_\_\_

19. Describe the happiest memories with your mother.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

20. Describe a time or times in your life that you felt “invisible” with your mother.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

21. Describe the three worst times you remember with your **mother**. What was your **Age** at the time and what **Emotions** did you have **then and now**?

a) Age: \_\_\_\_\_ Then \_\_\_\_\_ Now \_\_\_\_\_

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b) Age: \_\_\_\_\_ Then \_\_\_\_\_ Now \_\_\_\_\_

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c) Age: \_\_\_\_\_ Then \_\_\_\_\_ Now \_\_\_\_\_

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22. Describe the three worst times you remember with your **stepmother/other caregiver** *if you had one*. What was your **Age** at the time and what **Emotions** did you have **then and now**?

a) Age: \_\_\_\_\_ Then \_\_\_\_\_ Now \_\_\_\_\_

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b) Age: \_\_\_\_\_ Then \_\_\_\_\_ Now \_\_\_\_\_

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c) Age: \_\_\_\_\_ Then \_\_\_\_\_ Now \_\_\_\_\_

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23. What did you want from your **mother** that you never received, or she never did for you?

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24. As a child, what did you do to get approval from your **mother**?

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### Childhood Memories of Your Father

25. Before answering, close your eyes and imagine yourself as a child being in the physical presence of your **father** and now by looking back on him then, describe him with what you know today.

List nouns and adjectives to describe your **father**:

Positive		Negative	
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Are you aware of any addictions your **father** might have had? 

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List nouns and adjectives to describe your **stepfather/other caregiver** *if you had one*:

Positive		Negative	
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Are you aware of any addictions your **stepfather/caregiver** might have had?

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26. Describe the happiest memories with your **father**.

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27. Describe a time or times in your life that you felt “invisible” with your **father**.

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28. Describe the three worst times you remember with your **father**. What was your **Age** at the time and what **emotions** did you have **then and now**?

a) Age: \_\_\_\_\_ Then \_\_\_\_\_ Now \_\_\_\_\_

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b) Age: \_\_\_\_\_ Then \_\_\_\_\_ Now \_\_\_\_\_

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c) Age: \_\_\_\_\_ Then \_\_\_\_\_ Now \_\_\_\_\_

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29. Describe the three worst times you remember with your **stepfather/other caregiver** *if you had one*. What was your **Age** at the time and what **emotions** did you have **then and now**?

a) Age: \_\_\_\_\_ Then \_\_\_\_\_ Now \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

b) Age: \_\_\_\_\_ Then \_\_\_\_\_ Now \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

c) Age: \_\_\_\_\_ Then \_\_\_\_\_ Now \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

30. What did you want from your **father** that you never received, or he never did for you?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

31. As a child, what did you do to get approval from your **father**?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Your Childhood Experience

32. Describe your earliest memory. What was your age at the time? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

33. Did you have any severe or chronic **childhood/adolescent illnesses**, medical conditions or **anyone else in your family**? If so, what were they?

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34. How did you learn about sexuality growing up?

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35. What is your sexual orientation? When did you discover this?

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36. Describe yourself as a child. From the ages of 5-10 years old.

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37. Describe yourself as a teenager. From the ages of 11-18 years old.

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38. Describe the three worst memories in your **childhood** and the persons who traumatized you. What was your **age** at the time and what **emotions** did you have **then and now**?

a) Age: \_\_\_\_\_ Then \_\_\_\_\_ Now \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

b) Age: \_\_\_\_\_ Then \_\_\_\_\_ Now \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

c) Age: \_\_\_\_\_ Then \_\_\_\_\_ Now \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

39. Describe feelings you had as a **child/adolescent**. These may include feelings such as being sad, mad, glad, or scared or feeling of shame, guilt, empty, and/or lonely.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

40. Identify the people in your life that you felt close to, why?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

41. Identify the places or animals you felt safe with in your childhood, why?

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42. As a child, was it easy or difficult to make friends? Why?

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43. As a child, did you have nicknames? Yes \_\_\_\_\_ No \_\_\_\_\_

If you had nicknames, what were your nicknames and who gave them to you? How did you feel about them?

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**Current Relationship with Major Caregivers**

44. Describe the relationship you have with your mother today.

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45. Describe the relationship you have with your father today.

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46. If you had other major caregivers, identify the major caregiver (s) and describe your current relationship (s) today.

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**Looking Back**

47. If your parents could listen to you today, what would you want to talk to them about? What would you want them to understand about your life growing up? What did you want from them in your childhood? What would you want from them now?

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